



COMMANDO

Any Time, Any Place

Vol. 55, Issue 10

16th Special Operations Wing, Hurlburt Field, Fla.

March 10, 2006

AF announces selections to E-8

Courtesy Air Force Print News

RANDOLPH AIR FORCE BASE, Texas – Base officials announced Thursday that 28 Hurlburt Field master sergeants were selected for promotion to senior master sergeant.

A total of 1,303 people were selected Air Force-wide. The board, which convened Jan. 30 to Feb. 17, considered 15,104 master sergeants for an 8.63 percent select rate. Last year's selection rate was 9.19 percent.

Air Force Special Operations Command staff

Dennis Brooks, Randy Phelps, Judy Griffis, Francis Dailey, Alexander Garcia, Konstantino Thanos, Ruben Valverde, Dean George and Steven Hettinger

16th Special Operations Wing

Tracy Black, Richard Brown, Norman Callahan, Gregory Clark, Robert Colannino, Roberto Diaz, Darcy Eubanks, Sandra Horton, Brian Johnson, Ricky Lemke, Kevin Kilgore, Rojelio Martinez and James McGeady

505th Command and Control Wing

Chelle Johnson

39th Information Operations Squadron

Paul Costinett and Lawrence Pezall
Det. 7, 373rd TRS
Timothy Lawson

823rd RED HORSE Squadron

James Crouse and Donald Echols
AFSOC's overall selection rate was 8.45 percent - with 651 eligible and 55 selected. The 16th SOW's promotion rate was 5.41 percent - with 240 eligible and 13 chosen.

See **PROMOTIONS**, Page 7



Lt. Col. Jonathan Jay, CV-22 program manager, lines up for landing on an aircraft carrier in the CV-22 simulator. Photograph by Staff Sgt. Mareshah Haynes

Osprey simulator up, running

by Staff Sgt.
Mareshah Haynes
COMMANDO staff

The 19th Special Operations Squadron officially cut the ribbon on the CV-22 aircraft simulator Tuesday. Construction for the simulator began in March 2005. It was completed and released to the base in January.

"We are not delivering a device to a training squadron today, but to the actual operators," said Marine Corps Lt. Col. Doug Schuler, assistant program manager for training systems.

It is one of eight that are scheduled to populate the Air Force in the next five to

seven years. There is currently two other CV-22 simulators at Kirtland Air Force Base, N.M.

The \$21 million simulator is intended to provide refresher and proficiency training to pilots, said Lt. Col. Jonathan Jay, CV-22 simulator program manager.

The simulator at Hurlburt is a secondary motion training device, which allows pilots to feel vibration and motion without the actual structure moving.

The device can put crews in various scenarios such as blowing rain, night snow storms, in-flight refueling and water rescue missions.

It's also programmed to display a representation of the runway and surrounding areas of military bases in the southeastern region of the United States.

"When the pilots have to go to other bases for training missions they can familiarize themselves with the area in the simulator before they even get there," Colonel Jay said.

The CV-22 is designed to land on naval ships, and the simulator allows operators to get some of that training without having to leave the base.

"This is the first time Air Force Special Operations

Command has had a simulator at the operational base with the aircraft," said 16th Special Operations Wing Vice Commander, Col. Paul Harmon.

"Pilots will still have to actually go out and land on ships, but this allows them more opportunities to train," said Colonel Jay. "It's also a lot easier than having to coordinate with the other services to land on their ships."

The CV-22 aircraft's mission is long range and infiltration and exfiltration, and can function as a traditional airplane and helicopter.

They're expected to start arrive here this fall.

News Five Articles 15 served by commanders during February

News A technical sergeant from the 23rd Special Tactics Squadron invited to a Senate Armed Services Committee hearing on Capitol Hill with CSAF

Feature



ORE Phase II exercise continues

Sports

Air Force Research Laboratory study looks into specialized whey protein

Wingman

0-0-1-3
0 Drinks under 21
0 DUIs
1 Drink an hour
3 Drinks a night

Weather

	High	Low
Today	74	62
Sat.	75	63
Sun.	75	63

Home of America's Air Commandos

How do your actions affect Airmen?

by Lt. Col.
Gary "Chainsaw" McCollum
3rd SOS commander

We're all leaders, whether we choose to be or not, and regardless of whether we're filling a formal leadership position or "just flying the line."

I was dramatically reminded of this yesterday, as our squadron received our first two Airmen straight out of technical school. Talk about getting hit across the skull with a two-by-four (me, not them)! These young, motivated new wingmen are going to develop their initial (and lasting) impressions of the "real" Air Force and special operations based on what they see, hear and experience in this, their first exposure to an operational unit.

The way we conduct ourselves, the tone we set, the mission focus we convey and the attitude we display toward squadron mates, other units, the Air Force, and the military as a whole, will all have either a positive or negative effect on these young Airmen, who will be closely watching each of us. We have to ensure we set the right example, because these are the men and women that will carry the warrior's sword well after us older folks are long gone.

Aimpoint

Become the next generation of Air Force and Air Commando leaders

No pressure, right?

OK, so it's pretty obvious we're leaders for the "newbies." What about the Airmen who've been around the block once or twice? How does one lead them, and more importantly, develop their leadership abilities so they can be more effective leaders for others? Start with integrity. When you speak, do your actions send a completely different message? Do you behave one way when you know someone is watching, yet another when you think they are not? Is your word your bond, or do you "play the game" to advance your cause? What is your motivation — glory for yourself, or improving your team and getting the mission done? I'm pretty sure we all know the correct answers to those questions, but they're worth reviewing periodically.

Step two — focus on the mission and why it's important. You've established an environment where every-

body knows where you stand, now let them know their part. For me, it's been a very interesting few months. We reactivated the 3rd Special Operations Squadron Oct. 28, and I spent the first three months in command as a full-time Predator flight student an hour and a half away from the rest of my squadron. (Not the recommended technique by the way, in case you were wondering.) It was up to our small cadre of Air Commandos to create all the normal required programs and then some, plus find the squadron a place to live while supporting 24/7 combat operations flying the Predator in theater. A challenge, to say the least, but I quickly learned that with a few rudder steers here and there, along with some general guidance on our vision, every single individual in the squadron rose to the challenge. Why? First, because Air Commandos know how to make things happen and have leadership potential by the bucketful, just waiting to be tapped. More importantly, because they know the vital role our squadron plays in supporting our special operations brethren and national interests in theater, and want to do everything

See **LEADERS**, Page 6

Open Line

Compliments to the Medics

I'm a TRICARE Prime retiree and chose to continue my medical care from where I retired 2 1/2 years ago — Hurlburt Field. I did so because the quality of the care I received there has always been first rate. This was the latest example of how correct my decision was.

I had an appointment to see my Primary Care Manager, 1st Lt. Chuck Henderson. He called me at 5:20 p.m. the night before my appointment to tell me that due to an exercise he'd be unavailable for the next two weeks. I thought it odd that he would call personally to tell me this since appointment clerks normally do this. To my great surprise, the purpose of his call was to take care of

the reasons for my visit on the phone, to the maximum extent possible.

I'm sure I wasn't the only person Lieutenant Henderson called. If he is the only PCM making calls, high public praise is certainly in order.

Response provided by the 16th Medical Group

Our providers and nursing staff routinely make calls directly to patients. In fact each provider/nurse team averages 10-20 patient phone calls daily, in addition to seeing 20-25 patient appointments in the clinic. As in this case, these calls often happen well after duty hours.

There is nothing as special as hearing that individual patients feel valued and cared for by our team.

All Open Lines, questions or suggestions about subjects of concern to the Hurlburt Field community, are seen by the 16th Special Operations Wing commander.

To submit an Open Line, call 884-OPEN (6736) or e-mail your concerns to commando@hurlburt.af.mil with your name, unit and telephone number. Open Lines of general interest will be printed

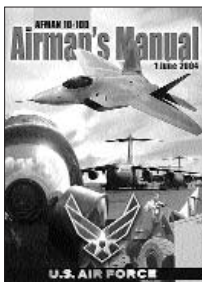
in the COMMANDO. Others will be answered by a phone call. Remember, the quickest, most efficient way to solve a problem is to contact the organization directly.

ORI preparation

Radio discipline

Think before you push-to-talk
Be brief. The radio is not a phone
Speak clearly into the microphone
and use proper call signs
Protect your radio
Conduct radio checks
Always be aware of operational security for radios, phones, discus-

sions and computers
Periodically check physical condition and battery connections
Know your unit radio manager
DO NOT hang anything from antenna
OPSEC is everyone's job — DO NOT:



–Use ranks and names of supervisors or commanders
–Broadcast social security account numbers, phone, or credit card numbers
–Discuss classified information
–Disclose specific locations
–Use profanity
See page 96 of Airman's Manual for more information.

16th SOW Aimpoints

- Fight and win
- Take best care of our wingmen, families and resources
- Become the next generation of Air Force and Air Commando leaders

Disclaimer

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Submitting articles

The deadline for submissions to the COMMANDO is noon Monday for briefs the week of publication. Articles may be submitted on IBM format computer disk or via electronic mail. Non-electronic submissions must be typed, double-spaced. All submissions must include the name and telephone number of a person to call.

Open Line

The Commander's Open Line is your direct line to the base commander for questions or suggestions about subjects of concern to the Hurlburt Field community. To receive a response, leave your name, unit and telephone number. Open lines of general interest will be printed in the COMMANDO.

Other questions will be answered by letter or phone call. Remember, the quickest and most efficient way to resolve a problem is to talk directly to the agency responsible. This gives them an opportunity to help you and perhaps improve their process. However, if you're not satisfied with the answer you receive, feel free to give the commander a call at 884-OPEN (6736), or e-mail your concerns to commando@hurlburt.af.mil.

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Editor

DUI Tracker

March 3 - 9 : 0 DUI
This year: 6
DUIs for 2005: 31
Last DUI: 16th Aircraft Maintenance Squadron

Days since last DUI: 21

16th OG ... 18
16th MXG ... 11
16th MSG ... 34
16th MDG ... 435

Totals are current as of Feb. 16.
Don't Drink and Drive. Call AADD at 884-8844
Potential saves this year: 138

Base theater shows suitable previews

by Jamie Haig
Contractor

Movie trailers will match the audiences according to Army Air Force Exchange Service.

The Hurlburt Field Advisory Council investigated a complaint raised in their October meeting that the base theater was showing improper movie previews during G-rated movies.

The movies at the Hurlburt Field Theater are controlled by the AAFES, which has a set policy on providing rating-appropriate previews for each movie shown worldwide.

The trailer presentation policy has been a standard policy for AAFES since 1997, but a lapse occurred.

"We did receive a complaint concerning the previews shown during G-rated movies," said David Parker, Hurlburt Field Main Store Manager.

"It was suggested that we either cancel all previews or correct the problem."

An AAFES operating procedure governs the motion picture theater operations and sets the standards based on

ratings by the Motion Picture Association of America — the movie rating organization that determines movie ratings.

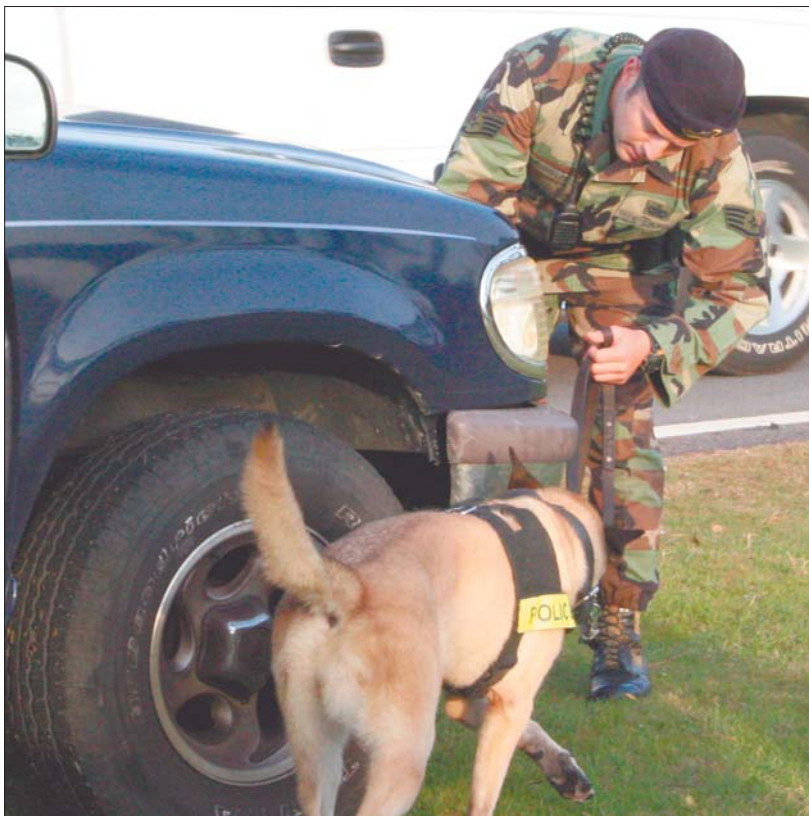
Projectionists screen previews before showing them in the theater.

"We allow them time to screen the previews prior to showing, and if necessary, eliminate them if they're not suitable for the audience," Mr. Parker said.

Trailers approved for G-rated films are the only trailers shown before G-rated features in base theaters worldwide. Trailers identified by the MPAA as suitable for showing with all audience features are screened in theaters before the showing of PG, PG-13 and R rated films, and previews are only shown before R-rated movies.

"The AAFES trailer policy ensures that previews are consistent with the audience expectations of feature presentations," said Judd Anstey, media branch manager for AAFES.

"If a patron feels that an inappropriate preview has been shown, they should contact their local AAFES general manager immediately."



Photograph by Jamie Haig

Eww that smell

Staff Sgt. Robert Weigold, 16th Security Forces Squadron, and his military working dog Sarah, thoroughly inspect a vehicle at the main gate of Hurlburt Field Wednesday. Military working dogs were at the gate to "sniff out" illegal contraband — drugs and explosives — from entering the base. Security forces will conduct similar operations randomly.



Photograph by Staff Sgt. Mareshah Haynes

Mayor in the hat

Mike Anderson, Fort Walton Beach mayor, reads to children in a pre-kindergarten class at the Hurlburt Field Child Development Center March 2. Mayor Anderson was invited to celebrate National Read Across America Day and in honor of Dr. Seuss' birthday.

Five Articles 15 served in February

During the month of February, Hurlburt Field commanders from various squadrons served 5 Articles 15, as follows:

16th Aircraft

Maintenance Squadron

—A senior airman was given a suspended reduction to airman first class, forfeiture of \$200 pay for two months and seven days extra duty for failure to go and making a false official statement.

—A senior airman was reduced to airman first class for making two false official statements.

16th Component

Maintenance Squadron

—An airman first class was

16 Maintenance

Operations Squadron

—An airman was given suspended forfeiture of \$200 pay, 30 days restriction, 30 days extra duty and a reprimand for being incapacitated for duty and driving with a suspended driver's license.

823rd RED HORSE Squadron

—An airman first class was given a suspended reduction to airman and 45 days extra duty for failure to go.



Photograph by Master Sgt. Jim Varhegyi

Honored

Air Force Chief of Staff Gen. T. Michael Moseley (right) speaks with a group of Airmen invited to attend a hearing, on Capitol Hill, of the Senate Armed Services Committee March 2. The group is from left: Tech. Sgt. Bradley T. Reilly, a combat controller assigned to the 23rd Special Tactics Squadron, Hurlburt Field, Fla.; Lt. Col. Anne M. Konnath, commander of the 328th Weapons Squadron, Nellis Air Force Base, Nev. and Lt. Col. Trey Turner III, commander of the 17th Reconnaissance Squadron, 57th Operations Group, 57th Wing, Nellis Air Force Base, Nev.



Courtesy photograph

Personnel assigned to Naval Mobile Construction Battalion Seven Four remove debris from ankle-deep water off the coast of Southern Mississippi, during the Great American Cleanup event.

Airman on call saving lives, careers

by Jamie Haig
Contractor

He answered the call from 21 Airmen, driving 273 miles in a three-month time frame while using his own gas. For his service Airman 1st Class Benjamin Rowe, 16th Aircraft Maintenance Squadron, was named Airmen Against Drunk Driving Volunteer of the Quarter.

During the past year, Airman Rowe is credited with volunteering having put in 1,032 hours and saving 60 Airmen from driving home drunk.

"He sets an example for

the younger Airmen in our shop," said Staff Sgt. Jimmy Christensen, 16th AMXS and Airman Rowe's supervisor. "It also encourages others to do community service on their own."

Arriving at Hurlburt Field in November 2004, Airman Rowe was working mid-shifts and had his weekends free. He decided to help AADD and see what happened.

"It's just something I wanted to do, and I liked doing it," Airman Rowe said. "After awhile, you lose track of how many times you go out."

Every Friday, Saturday

and Sunday, he was most likely the person to respond to the calls coming into the command post, said Sergeant Christensen.

When an Airman calls the AADD phone number, the calls are directed to the command post. The command post then contacts the AADD volunteer on duty and gives a first name, brief physical description, location for pick up and how many are in the group.



Airman 1st Class Benjamin Rowe

Airman Rowe, as other AADD volunteers do, then heads to the location, picks up the person who called and delivers them home safely. After drop off, he calls back to the command post to advise the drop

off is complete.

"I've even picked up a guy who was temporarily deployed to Hurlburt," Airman Rowe said.

The program is free and

See **ROWE**, Page 6

Brothers In Arms

Army

A late-night operation by U.S. Army-trained Iraqi Counterterrorism Forces east of Taji March 6 freed an Iraqi government official held hostage and led to the detention of two suspects believed to be involved in the hostage taking. Soldiers from the 2nd Counterterrorism Battalion, 1st Iraqi Special Operations Forces Brigade planned and conducted an assault that freed the Iraqi official who reportedly was to be executed later that night after spending almost four days in captivity.

Marines

In the vicinity of Ar Rutbah, Iraq, Marines from Company A, 1st Light Armored Reconnaissance Battalion, Regimental Combat Team 7, Multi National Forces-West, expedited the immediate medical evacuation of a 2-year-old Iraqi boy to a nearby U.S. medical facility March 6.

The child was noticed by Marines as the boy's father attempted to pass through their security checkpoint. The 2-year-old was diagnosed with 2nd degree burns to more than 80 percent of his body. The father was attempting to transport his son to a hospital in Ramadi, which is located more than 185 miles. The father agreed to allow the Marines to request a helicopter medical evacuation for the boy.



Photograph by Senior Airman Kimberly Batts

Women's History Month

Female Airmen perform the retreat ceremony Wednesday celebrate Women's History Month at Building 90210.

Unsung heroes: Recognition of 12 outstanding 'quiet professionals' on base

Congratulations to the Air Force Association's "Unsung Hero" winners:

Tech. Sgt. Catherine Crego, Air Force Special Operations Command

NCOIC during deployment to Kuwait; quick reaction when MC-130H was destroyed in combat. Set benchmark for future mishap management.

Staff Sgt. Susan Martinez, AFSOC

Member of the Manpower & Personnel directorate Crisis Action Team, orchestrated critical communications before, during, and after three major hurricanes.

Charlotte Murphy, AFSOC

Managed office operations during

five major inspections with 100% of the staff deployed.

Staff Sgt. Erica Murphy, AFSOC

Supervised the installation of 55 classified and unclassified computers for two of the most diverse divisions within AFSOC Operations.

Staff Sgt. Debra Gardner, 23rd Special Tactics Squadron

Saved \$40,000 in medical supplies and deployed \$500,000 in medical supplies in support of operations Enduring/Iraqi Freedom.

William Allen, USAF Special Operations School

Responsible for in-processing over 6,600 students annually. Designed database that compiles historical data

for the school's course load.

Staff Sgt. Darryle Stewart, 25th IOS

Ensured the smooth deployment and return of team executing OIF missions. Enabler for 45+ sorties, 25+ high value targets killed in action/captured.

Staff Sgt. Jennifer Hutto, 39th Information Operations Squadron

Directed the effective operation of the unit control center as the base prepared for, endured and recovered from Hurricane Dennis.

David Docarmo, 505th Command and Control Wing

Cornerstone of new Exercise Event Support Office. Saved the Air Force \$335,000 in 2005.

Staff Sgt. Erik Gurtler, 505th Communications Squadron

Implemented squadron's first multi-security domain to support dual classification levels for Exercise BLUE FLAG 05.

Rochelle Wiegman, 705th Training Squadron

Provided 100 percent sole administrative support for 275 students attending nine senior advanced officer training courses at the 705th TRS during 2005.

Staff Sgt. Dorian Johnson, 823rd RED HORSE

Led Katrina-ravaged Keesler AFB commissary cleanup, vital to New Orleans rescue airlift.

OWC
CS/SUMMER TERM
600559
5 X 8.00

Continued from LEADERS, Page 2

in their power to take the fight to the enemy. It's amazing how much "pain" a unit or individual will accept when they know what they're doing is important. In our case, the "Dragons" have chosen to focus on finding every way imaginable to more effectively employ the Predator weapon system in support of our nation's interests, rather than dwelling on how it sucks to be on a six days on, three off, 24-hour shift schedule, 365 days a year, "just staring at buildings."

That infectious attitude is positively affecting the environment across the board. The Dragons are leaders – formal or not – and they know it.

Finally, demand the best of yourself and your wingmen. Set and enforce high standards for yourself and your team.

Now that you've estab-

lished an atmosphere of honesty that's focused on the mission, check your slack at the door. Provide, demand and openly receive constructive debrief from those around you, both personally and for your unit or team. Is there a way you can improve how you conduct yourself or your operations?

How does your unit's mission fit into the overall effort, and is there a way to make the larger team more effective?

Consider new ideas fully. Innovation is one of the historical strengths of Air Commandos, after all.

As a leader or follower, give honest feedback to those who need it. One of the truths I've learned is that if nobody tells me I'm doing something poorly, I'm unlikely to change. I owe it to my wingmen to do my very best, accept and respect constructive debrief, and improve

where I can.

I also owe them the same courtesy – open, honest feedback to help them improve where they can. That doesn't mean I should make a habit of beating up my wingmen, but if I reinforce positive performance and propose specific methods to improve instead of just telling them they stink, they'll know I'm critiquing for the right reasons.

If they understand mission accomplishment is my motivation, they'll probably respond and raise their level of execution; that means the entire team wins. We don't have the luxury to accept the status quo, because we're fighting a highly adaptive, non-traditional enemy.

Keep the faith, fellow Air Commandos. Each of you is a leader, and the job you do is vital to our nation and our world.

Pro Patria, Pro Liberis!

Wingman



0 Drinks under 21
0 DUIs
1 Drink an hour
3 Drinks a night

Continued from ROWE, Page 4

completely confidential. No last names are given to either the command post or the driver – so there's no fear of repercussions from supervisors.

"It's not worth throwing your career away," said Airman Rowe. "If you don't have a plan when you go out at night, then it's a good program to use."

AADD program manager, Master Sgt. Myra Casanova, 16th Mission Support Squadron, underscores Airman Rowe's accomplishments.

"The life saving nature of his service makes him a hero," Sergeant Casanova said. "And the potential sav-

ings in property damage and loss of combat capability makes his efforts commendable."

In conjunction with the 16th Special Operations Wing 0-0-1-3 policy, AADD offers Airmen a chance to go out and have fun, but also to get home safely.

The 0-0-1-3 policy means zero drinks if you're under 21 years of age – zero Driving Under the Influence – one drink per hour and three drinks per night.

"I'm here to help their careers – not hurt them," Airman Rowe said.

For a free, confidential ride home, call AADD at 884-8844.

EGLIN BASE EXCH/AAFEES
CS/AAFES
600564
3 X 5.75

NETWORKS OF FLORIDA
CS/TROY ST
585566
2 X 6.00

**CROWN CARPET CLEAN-
ERS
CS/DON'T GET STE**

**ST SIMON'S ON THE
SOUND
CS/CHURST CENTER**

*Continued from
PROMOTIONS, Page 1*

The average score for those selected was 661.37 with an average time in grade and time in service of 4.42 and 20.22 years respectively. The average score was based on the following point averages:

- 135 for enlisted performance reports;

- 32.87 for time in grade;
- 21.30 for time in service;
- 20.82 for decorations;
- 66.67 for Air Force supervisory examination;
- 384.72 for board score.

Score notices are available on the virtual military personnel flight. Those selected will be promoted to E-8 beginning in April.

For more information, contact the local MPF.

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CS/5.25 AUTO LOA
600582
4 X 10.00**

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CS/RENTALS
585905
1 X 3.00**

**DOMINOS
PIZZA
CS/DRIVERS
586685
1 X 3.00**

Special OPERATORS

Congratulations to the following winners of the 2005 Air Force Special Operations Command Aviation Resource Management Awards:

Master Sgt. Joseph Settle, Headquarters Staff of the Year, HQ AFSOC Operations.

Master Sgt. Mary Schierholtz, Senior NCO of the Year, 720th Operations Support Squadron.

Staff Sgt. Alicia Spurling, NCO of the Year, 16th Operations Support Squadron.

Congratulations to the 16th Special Operations Wing Senior NCO of the Quarter:

Senior Master Sgt. Lynn Lawrence, 16th Medical Operations Squadron.

Congratulations to the following graduates from the 14th Weapons School Class-05B:

Capt. Meghan Ripple, 4th Special Operations Squadron, earned the Best Paper Award.

Capt. Brett Deangelis, 4th SOS, won the Outstanding Graduate for the 14 WPS.

Capt. Matthew Richter, 20th SOS, earned the Distinguished Graduate and Flying Award for the MH-53 Weapons Instructor Course.

Congratulations to the following winner of the Chiefs' Group Sharp Troop Award winner:

Senior Airman Lynn Speakman, 16th Aircraft Maintenance Squadron.

**HOBBS AUTOMOTIVE/COOP
CS/SAAB
596477
3 X 4.00**

Pink and blue

Girls

Molly Helen Alworth was born Feb. 7 to Airman 1st Class Janet and Richard Alworth, 19th Special Operations Squadron.

Halie Grace Stover was born Feb. 8 to Senior Airman Eric and Kimberly Stover, 16th Equipment Maintenance Squadron.

Katelyn Hope Niewoonder was born Feb. 9 to Capt. Robert and Michelle Niewoonder, 16th Operations Support Squadron.

Maria Faith Anderson was born Feb. 9 to Capt. Pete and Kelly Anderson, 16th OSS.

Caelyn Hana Solomon was born Feb. 21 to Staff Sgt. Scott and Michele Solomon, 16th Logistics Readiness Squadron.

Trinity Raelee Faison was born Feb. 21 to Staff Sgt. Ervin and Kashana Faison.

Boys

Blake Alan Niewoonder was born Feb. 9 to Capt. Robert and Michelle Niewoonder, 16th OSS.

Robert Andrew Aguirre was born Feb. 23 to Senior Airman Robert and Carmen Aguirre, 16th Civil Engineer Squadron.

Safety tips

Cyclists must follow rules of road

Every person riding a bicycle on Hurlburt Field will be granted all the rights and will be subject to the same laws as drivers of motor vehicles.

– Bicycle riders must wear helmets.

– Parents are responsible for making sure their children are following the Hurlburt bicycle laws.

– The use of headphones while riding a bicycle is prohibited.

– When riding during the hours of darkness, bikes will be equipped with a front lamp that can be seen from at least 500 feet.

– A rear red reflector that can be seen from at least 100 feet.

For more information on bicycle safety see Air Force Instruction 31-204, Hurlburt Field supplement 1, Air Force Motor Vehicle Traffic Supervision.

**SYLVAN LEARNING CENTER
CS/TWO SESSIONS
585527
3 X 7.00**

QUALITY IMPORTS/SUZUKI
CS/NEW CAR
607378
4 X 11.66

Tax Tip:

If you are entitled to a deduction for an alimony and didn't take it, check with the Tax Center at Hurlburt Field. They can prepare an amended return.

General rules

– Alimony payments received from your former spouse are taxable in the year you receive them. Because no taxes are withheld from alimony payments, you may need to make estimated tax payments or increase the amount withheld from your paycheck.

– Alimony payments you make under a divorce or separation instrument are deductible if certain requirements are met. Any payments not required by such a decree or agreement do not qualify.

– Child support is never deductible. If your divorce decree or other written instrument or agreement calls for alimony and child support, and you pay less than the total required, the payments apply first to child support. Any remaining amount is then considered alimony. For more information call, the tax center at 884-7542.

AUDIO
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SIONS
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STEREO
587476

FAYE WALK-
ER
CS/LISTINGS
585924
1 X 3.00

Walking the Airpark: C-46 - the original Commando

by John R. Dabrowski
16th SOW History Office

The C-46 Commando located in the Hurlburt Field Airpark has quite a story to tell about places its been and the missions its accomplished.

Although not as well known or perhaps as well liked as the beloved Douglas C-47 Gooney Bird, the C-46 could carry twice the cargo and personnel that the C-47 could.

The C-46 was known for its heavy load capability, and because of that the transport was thrown into WW II operations in the China-Burma-India theater supporting air commando operations and British Gen. Orde Wingate's "Chindits."

With this capacity, the C-46 was ideal for carrying supplies and ferrying troops over the "Hump" — the CBI passage over the Himalayan Mountains. The aircraft was originally designated for seating 24 people, but often carried as many as three dozen troops.

The C-46 was built by the Curtiss Aircraft Company, now known as McDonnell-Douglas. The U.S. Army

Air Force took possession of 3,180 models A through G, C-46 aircraft in 1942. Production ended at the end of WW II and the C-46 was used primarily by Air Force Reserve units for pilot and aircrew proficiency training before seeing action once again, this time with the Far East Air Force during the Korean War.

In 1962, with the return to action of the 1st Air Commandos Group, and the activation of the 1st Air Commando Wing, the C-46 was pressed into service and flew supporting missions while assigned to the 319th Troop Carrier Squadron. When American involvement in Vietnam began, the C-46 flew for Air America, the U.S. sponsored airline of Vietnam, making the C-46 one of only three aircraft to see action in three wars, WW II, Korea, and Vietnam.

The C-46 was finally retired from active service in 1968 as the C-130 assumed the primary role in cargo and personnel transport. Unfortunately, the early official records for the C-46, tail number 44-77424, on display at the Hurlburt Field Airpark were lost. This aircraft did fly courier duty



Photograph by Jamie Haig

This Douglas C-46 Commando retired to Hurlburt Field Airpark in 1985, after serving both military and commercial ventures around the world.

with the 437th Troop Carrier Wing in Japan during the Korean War. It then saw service with the Japanese Air Self Defense Force from 1955 to mid-1980,

when it was purchased by the City of Fairbanks, Alaska for commercial use there. It was delivered to Hurlburt Field on Nov. 12, 1985.

Air Force releases 2006 posture statement

by Senior Airman J. Buzanowski
Air Force Print News

WASHINGTON — The Air Force released its "posture statement" detailing the service's missions and priorities over the next year.

The 52-page document's introduction asks Airmen to look from their heritage to the horizon, taking lessons from the past and adapting them for the future.

It also opens with a letter from Michael W. Wynne, secretary of the Air Force, and Gen. T. Michael Moseley, Air Force chief of staff.

"Our 2006 posture statement outlines our plan to accomplish ... goals regarding (the global war on terror), our Airmen, and our aircraft and equipment," they said.



The posture statement expands those three main Air Force objectives and why they're important to today's Airmen.

The posture statement also "reflects our commitment to good stewardship of the resources entrusted to us, and our dedication to protecting our nation in air, space and cyberspace," General Moseley and Secretary Wynne wrote.

Winning the global war on terror

"Our first priority is winning the global war on terror," according to the statement. It goes on to outline the importance of air, space and cyberspace operations and their importance in both homeland defense and fighting the nation's enemies. The statement also cites emerging threats and the risk of weapons of mass destruction.

"The Air Force has been at war continually for 15 years," General Moseley said recently in testimony before the House Armed Services Committee.

The posture statement further illustrates the Air Force contributions not only to missions past, but to operations Noble Eagle, Iraqi Freedom and Enduring Freedom.

Developing and caring for Airmen

The posture statement takes into consideration the total force. Considerations for active duty, Guard and Reserve Airmen are at the forefront of shaping and developing the Air Force.

"We must manage our force to ensure the Air Force is properly sized, shaped and organized to meet the global challenges of today and tomorrow," the posture statement reads.

It also details recruiting and retention efforts,

updates on military housing, as well as new management systems for personnel actions and civilian employment.

Maintenance, modernization and recapitalization

The posture statement outlines that the Air Force is also looking to use its oldest aircraft for as long as it can while newer weapon systems are brought online. To extend the use of platforms such as the C-5 Galaxy for airlift operations, certain upgrades are essential. The Air Force is also looking to bring its newest aircraft to the forefront of the Air Force mission, such as the F-22A Raptor, unmanned aerial vehicles and intelligence, surveillance and reconnaissance aircraft. The posture statement also illustrates the importance of space as part of the Air Force mission.

Heritage to horizon

To successfully reach the three goals, the posture statement describes how the service will establish Air Force Smart Operations 21 practices. Essentially, AFSO21, as it's known, is the application of business plans meant to streamline everyday processes across the Air Force to be more effective and more efficient. Air Force leaders believe AFSO21 practices, as well as energy conservation, total force integration and exploring new technologies are what will bring the Air Force forward into the future.

"We have received a proud heritage forged through the ingenuity, courage and strength of the Airmen who preceded us," the statement reads. "Our duty today is to deliver their Air Force to the limitless horizon ahead of us."

Military

USAFSOS courses

A Cross-Cultural Communications Course will convene April 10-14 at the USAF Special Operations School. The course is designed for personnel preparing to live or deploy overseas, who work with international military personnel, and those with a professional or analytical interest in international studies. For more information, call Capt. Apryl Cymbal at 884-4472 or Joyce Weber at 884-4731.

The Sub-Saharan Africa Orientation Course will convene April 10-14. This course is designed for personnel preparing to live in or deploy to the sub-Saharan Africa region. For more information, call Capt. Paul Saskiewicz at 884-6793.

Also, the Middle East Orientation Course will convene March 20-24. This course is designed for personnel preparing to live in or deploy to the Middle East, who work with individuals from this region or have a professional or analytical interest in this area. Spouses are welcome to attend on a space-available basis. For more information, call Maj. Don Palmer at 884-7988.

Additionally, information on all three courses is also available at <https://www.hurlburt.af.mil/milonly/tenantunits/jsou>.

Deployment briefs

A pre-deployment processing briefing is held at 8 a.m. every Wednesday in the Deployment Control Center. Personnel will receive deployment checklists, mobility bags, and required finance, personnel readiness unit and medical group briefings. Post-deployment processing begins at 8 a.m. every Tuesday and Thursday in the DCC.

People will be able to speak with representatives from PRU, mobility bags, the 16th Medical Group and finance. For more information, call your unit deployment manager.

HARM hours

The new Host Aviation Resource Management office hours are 8 a.m. – 3 p.m. Monday and Friday closed on wing training days. For more information, call 884-4528.

EOD training

Explosive Ordnance Disposal will conduct unexploded ordnance reconnaissance and post-attack reconnaissance training 8-10 a.m. April 12 and May 10 and 1-3 p.m. May 24, in the base theater. Review pages 126-138 of the Airman's Manual before training, and bring it with you to the class. For more information, call 884-7193.



Courtesy photograph

Play time

In Afghanistan, a senior master sergeant assigned to Air Force Special Operations Command, Hurlburt Field, spends time with children at a refugee camp.

Munitions storage

The munitions storage area will be closed through March 24 for the semi-annual inventory. Emergency issue requests must be approved by the 16th Maintenance Group commander and coordinated through munitions control by calling 884-2011. For more information, call Master Sgt. Kevin Cooke at 884-6687 or Tech. Sgt. Anna Ard at 884-2747.

Legal assistance

The 16th Special Operations Wing Legal office has new legal assistance hours. Wills and general legal advice will be available at 8-10 a.m. Mondays and Wednesdays for walk-ins. Appointments are available 1-4 p.m. Thursdays. For more information, call 884-7821.

Testing prep

The Department of Defense has free Scholastic Assessment Test and the American College Test Power Prep Programs available to families of active-duty, National Guard, Reserve and retired military personnel.

Families may request as many programs as they need for the students in their lives. Families who request copies only pay shipping and handling charges. For more information or to request the free copy, visit <http://www.militaryhomefront.dod.mil>.

Community

Women's history

A Women's History Month luncheon will be at 11 a.m. March 30 in The Soundside. The price is \$15 for members, \$17 for non-members. For more information, call Senior Master Sgt. Debra Strickland at 881-3994 or Master Sgt. Tammy Wilson at 881-3510.

Munch & Mend

The base chapel will sponsor

Munch & Mend 5 p.m. Monday. Airmen can enjoy a free home-cooked meal while having minor repairs done, or stripes, patches or name tapes sewn on one clean uniform. For more information, call Bill White at 884-7371 or Jimmie Thomas at 315-4746.

Spouses' Club

The Hurlburt Spouses' Club will meet at 10:30 a.m. March 23 in The Soundside. The luncheon will feature the "Make It, Bake It, Fake It Charity Auction". The cost is \$10 for members and \$12 for non-members. Childcare will be provided. For more information, call Karin Heaton at 515-0371, Shelley Berke at 862-6685 or Becky Aldrich at 939-6379.

Relay For Life

The Navarre Relay For Life is having a rummage sale 7 a.m. – noon tomorrow in the Navarre AmSouth Bank parking lot. All proceeds go to the American Cancer Society. For more information, call 244-3813.

Single parents

An informal lunchtime meeting for single parents will be held 11:30 – 1 p.m. March 28 in the family support center. Share the joys and challenges of being a single parent with others. Lunch will be provided. For reservations, call 884-5441 by March 24.

Scholarship

The Society of American Military Engineers Emerald Coast Post will award five \$1,000 scholarships to engineering or architecture students. Scholarships are open to high school seniors and college students who are interested in or currently studying engineering or architecture-related fields.

Students must be a resident of Okaloosa, Santa Rosa or Walton counties. Applications must be postmarked by March 31. For more information, visit <http://posts.same.org/emerald>.

At the movies

Prices are \$3.50 for adults and \$1.75 for children age 6 and older. Movies start at 7 p.m. unless otherwise indicated.

Base theater – 884-7648

Friday – Glory Road (PG-13) The inspiring true story of the underdog Texas Western basketball team, with history's first all African American starting lineup of players, who took the country by storm, surprisingly winning the 1966 NCAA tournament title. Hall of Famer Don Haskins, changed the history of basketball with his team's victory.

Saturday – Tristan & Isolde (PG-13) In the medieval legend of Tristan and Isolde, young lovers become doomed against the forces of royal politics. English knight Tristan wins the hand of the daughter of the Irish king, but the love threatens the truce between their two countries.

Sunday – Glory Road (PG-13) The inspiring true story of the underdog Texas Western basketball team, with history's first all African American starting lineup of players, who took the country by storm, surprisingly winning the 1966 NCAA tournament title. Hall of Famer Don Haskins, changed the history of basketball with his team's victory.

(Editor's note: Movies are subject to change. Telephone number is provided for patrons to confirm dates.)

Base chapel

Catholic Mass

Saturday, 5:30 p.m.

Sunday, 7:15 and 10 a.m.

Confessions: Saturday, 4:30 to 5 p.m., or by request

Youth: 5 p.m. Sunday

Religious Education: September – May

Protestant Services

Sunday, 8:30 a.m. (Traditional worship)

11:30 a.m.

(Contemporary worship)

Religious

Education:

August – May

Youth and

Singles groups

available

Jewish Services (882-2111)

Sabbath services: Friday, 7:30 p.m., Eglin Chapel Center

Muslim Services (882-2111), Eglin Chapel Center

Jumuah: Friday, 12:45 p.m.

For more information, call 884-7795.

Airmen Against Drunk Driving

For a free, confidential ride home, call AADD at 884-8844. Don't drink and drive.

24-hour Fraud, Waste and Abuse hotline:

Hurlburt Field – 884-6322

Air Force – (800) 538-8429

Department of Defense – (800) 424-9098

NCOA

Hurlburt Field's Commando Non-commissioned Officers' Association, Chapter 44 and Auxiliary 248, will hold its monthly meeting at 5 p.m. March 22 in J.R. Rockers All Ranks Destination Room. Each member is requested to attend and bring a friend. For more information, call Charles Glotzbach at 884-1771.

Chiefs' group

The Hurlburt Field Chiefs' Group sponsors scholarships for seniors who attend high school in Escambia, Santa Rosa or Okaloosa counties and are dependants of active-duty or retired enlisted members. Applications are available from high school guidance offices. Deadline to apply is April 1. For more information, call 884-5885 or e-mail peter.christoferson.ctr@hurlburt.af.mil.

Bundles for Babies

The Bundles for Babies class will meet 9-11:30 a.m. Wednesday in the family support center.

Guests will learn about the developmental stages of an infant, communication and bonding skills, budgeting information and more. Each family receives a bundle for baby with 11 items in a tote bag.

Free child care

The next "Give Parents a Break" will be held 9 a.m. - 3 p.m. tomorrow in the family support center. Free child care is provided for eligible families with children 6 months to 12 years old.

The program is for qualified spouses of deployed or remote active-duty members or for emergency situations and is sponsored by

the Air Force Aid Society. For more information, call 884-5441.

Toastmasters club

The Hurlburt Field Toastmasters club has regular meetings noon to 1 p.m. Wednesdays in classroom J in the education center. Toastmasters can help individuals improve and develop their speaking, listening and leadership skills. For more information, call Kevin Shavnore at 884-2340 or visit <http://hurlburt.freetoasthost.org>.

Transition assistance

The Transition Assistance Program seminar is a three-day workshop being held 7:30 a.m. - 4:30 p.m. March 21-23 in the family support center. The program helps separating and retiring military members and their families transition into the civilian sector. Facilitators cover career decisions, job applications, job interviews, personal appearance, guidance and support for the transitioning member. For more information, call 884-5441.

Base tax center

The base tax center is open in building 90332 and is available to assist people with free tax preparations until April 15.

The tax center hours are 8 a.m. - 4 p.m., Monday, Tuesday and Friday; 8 a.m. - 8 p.m. Thursdays and 8 a.m. - 3:30 p.m. on Fridays. For an appointment, call 884-7542.

Veterans' Affairs

A Department of Veterans' Affairs briefing will be held 7:30-11:30 a.m. March 29 in the base theater. For more information, call 884-5441.

Air Commando Salute



Photograph by Jamie Haig

Senior Master Sgt. Jerry Lowdermilk

Organization: 16th Special Operations Wing Safety Office

Duty Title: Safety Office Superintendent.

Hometown: Toledo, Ohio

Hobbies: Motorcycles

Mission Contributions: Sergeant Lowdermilk has been an AC-130H gunner covering 30 years of exceptional service at Hurlburt Field.

As superintendent of safety, he controls all formal safety school scheduling for

the wing; conducts mishap investigations and safety observations during exercises and real-world mobility operations.

Sergeant Lowdermilk is the example of an NCO - professionalism and dedication to the mission, wing and country.

(For information about how to submit an Airman for the Air Commando Salute, call the 16th Special Operations Wing Public Affairs Office at 884-7464.)

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Photograph by Robbin Cresswell

Airman's run

Airmen with the 331st Training Squadron's Flight 217 sing cadence March 2, as they completed their last physical fitness requirement, a 2.5-mile run, before graduating March 3 from basic military training at Lackland Air Force Base, Texas.

Protein study a real eye opener

by Rudy Purificato
311th Human Systems Wing

BROOKS CITY-BASE, Texas – Warfighters will never have the ability to leap tall buildings in a single bound, but a specialized whey protein supplement under study here could enhance mental and physical performance.

A double-blind Air Force Research Laboratory study was launched Feb. 3 as part of an operational readiness initiative. It is being conducted in collaboration with the GNC Corp. of Pittsburgh.

The focus of the study is specialized whey protein. Historically, its non-modified form has been used to build muscle supporting increased physical conditioning. AFRL scientists hope this research will eventually provide the Air Force with a non-pharmaceutical option – one that enhances alertness and physical strength in warfighters exposed to sleep deprivation and workloads associated with stressful operational environments.

The study came about when Col. Breck Lebegue, a scientist here, observed

Soldiers and Marines using supplements in Kyrgyzstan in 2004.

"These guys are going to battle at 10,000 feet elevation while hauling 100-pound packs. That's hard work – living and surviving in that kind of environment which is mentally and physically challenging," said Colonel Lebegue, the aerospace medicine chief of the aircrew performance and protection branch.

Colonel Lebegue wanted to find out if there was an operationally relevant need to scientifically verify the human performance-enhancing potential of such supplements.

He confirmed the special operations community's need for these supplements with Col. (Dr.) James Wright, 720th Special Tactical Group command surgeon at Hurlburt Field, Fla., and a former U.S. Air Force School of Aerospace Medicine scientist in hyperbaric research here.

Last spring, Capt. (Dr.) Andy McQuade, one of the study's principle investigators and Human Fatigue Neurosciences Team chief, conducted an informal survey on supplement use

among 720th Special Tactical Group personnel.

"I asked the 12 volunteers what supplements they used and where they got them. These guys knew more about supplements' effects from reading men's muscle magazines and less from the science (literature)," Captain McQuade said.

He also learned that the survey respondents felt stronger and believed the supplements worked.

"The only thing they had to measure supplements against were (conditioning) workouts in the gym," he said.

What makes AFRL's whey protein study different from past research on human performance, its principle investigators say, is it's not limited to cognition.

"We've had research to keep subjects awake, but not necessarily physically and mentally alert," Captain McQuade said.

AFRL researchers will be evaluating whey protein's effects on cognition and physical performance, as well as on body composition, memory and concentration involving specific tasks conducted after a 24-hour sleep deprived

period.

The study builds upon earlier research conducted by Dr. David Housh, a University of Nebraska exercise physiologist, who collaborated with GNC on supplement testing.

"They tested leg strength using the gym's leg extension machine," Colonel Lebegue said.

He said Dr. Housh's tests verified that these supplements helped build strength and muscle mass.

In AFRL's study, half of the volunteers will be given modified whey protein, with the other half given a placebo. They will also be subjected to modified physical fitness and cognitive tests while alert and fatigued during an eight-week period.

AFRL investigators said they also will be evaluating whey protein's effects on rebuilding and repairing over-exercised muscle. They emphasized that this specialized supplement is not a steroid, which is illegal and potentially harmful to health.

Ultimately, this specialized supplement could prove to be the so-called "magic bullet" – a non-addictive substance that keeps people alert.

In the bleachers

Softball tournament

The Commando Invitational Racquetball Tournament will be held March 18-19 at the Aderholt Fitness Center. The tournament is open to Department of Defense identification-card holders and their sponsored guest. Tournament divisions for men and women include singles and doubles with open, advanced, intermediate and beginner levels. Pick up entry forms at any Hurlburt Field fitness center, or register online <http://active.com/moresports/racquetball>. For more information, call 884-6884.

Softball tournament

The third annual Commando Softball Preseason Intramural Tournament will be held March 18 at the base softball fields. The entry fee is \$125 for each team providing their own .44/.47 core ball. The tournament will be double elimination following ASA intramural rules. The entry deadline is March 15. For more information call Chuck Shepard at 884-3656 or Scott Bowen at 884-7421.

Relay For Life

The American Cancer Society Emerald Coast Area is recruiting teams to participate in Relay For Life – a unique community event that allows individuals from all walks of life to join in the fight against cancer. This year's Navarre Relay For Life will take place April 7-8 at Navarre High School. The kick-off celebration will be held Tuesday. For more information, call 244-3813.

Rugby season

Hurlburt Field and Eglin Air Force Base are looking for players for Rugby season. For more information call Lt. Col. John Colletta at 882-2191.

Paintball tournament

Eglin Air Force Bases 16th Electronic Warfare Squadron Ravens will hold a paintball tournament April 7-8 for the first 30 teams to sign up. The double-elimination tournament will follow speed ball rules. Field paint use is a must. Cost is \$100 for every five-man team. Trophies will be awarded to the top three teams. For more information, call Tech. Sgt. Adrian Getzlaff at 882-0709 or Senior Airman Robert O'Bannon at 882-0710.

Volunteer coaches

The youth center is looking for volunteer coaches for youth baseball and girls' softball teams. Application packages are available at the youth center. For more information, call 884-6355.

Golf tournament

The Company Grade Officers Council is sponsoring a four person best ball scramble at the Gator Lakes Golf Course March 31. The tournament cost \$35 per player and is open to all base members. Shotgun start is at 8 a.m. Only the first 30 teams to sign up will be able to participate. To register or for more information, call Kami Cartagena at 884-6053 or Andrew Parry at 884-3541.

Sports information

For more information about intramural sports or standings, call the Aderholt Fitness Center at 884-6884.